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Mark Your Calendar ...

11/6 **After 50 Living Well Expo** for seniors and caregivers at the Hearthstone Manor in Depew. FREE admission. 10am—4 pm, and 5:30-7:30 pm helpful exhibitors, and opportunity to get flu shots from VNA and INC. Call 832-9300 for info.

11/8 **Senior Services Public Hearing** 1:00 pm at Tn. Of Tonawanda Sr. Ctr. Come at 12:30 for information about Part D. 858-8544 to speak/info.

11/15 **Medicare Part D** annual coordinated election period starts—through 12/31. If you need help, call HIICAP at 858-7883.

12/14 **Food, Fitness and Fun** 10:30-Noon at Lackawanna Sr. Ctr. 858-7639.



Commissioner
Pamela M. Krawczyk

60 PLUS



Get to Know Us—Public Hearing and Information Series

Would you like to find out more about what the Department of Senior Services can do for the older residents of Erie County? We invite you to attend a **Public Hearing** on Wednesday, **November 8 at 1pm** at the Town of Tonawanda Senior Center, 291 Enslinger Road. The Hearing is an opportunity to review and comment on the Department's proposed service plan for 2007. An abstract or summary of the plan will be available in mid-October at www.erie.gov/depts/seniorservices or by calling 858-8544 in advance of the Public Hearing. Senior citizens and other interested parties are invited to attend the Hearing to discuss the needs and concerns facing older adults. For further information or to register to speak at the Public Hearing, please call 858-8544. Come early (at 12:30) for a brief presentation and update about the Medicare Part D prescription coverage program in anticipation of the open enrollment period scheduled to begin in mid-November.

Senior Services is developing a community-wide **information series** addressing a range of topics of interest to older adults. A sample of what we have planned is on page 9 of this newsletter.

Message From the Commissioner...

"Whether you think that you can, or that you can't, you are usually right."

These words from Henry Ford can be applied to almost every aspect of life. One afternoon, three older adults discussed transportation alternatives they use in their daily lives. The group viewed a can-do attitude as the most important factor in a senior's life - especially when it came to mobility and avoiding isolation. However, people working in transportation, aging and disabilities disciplines know there are a limited number of options actually available to meet the special needs of older adults and the disabled community, regardless of a can-do attitude; therefore it is up to them to become the advocates and agents for change. Many individuals with chronic health problems often need special care and support in getting to the essentials such as medical care, social services, and food shopping. At the same time, there is growing recognition that there's more to life than just going to the doctor or the pharmacy. Getting to the "non-essentials" such as education programs, volunteer activities or the hairdresser can be just as important and also may require special care and support. It isn't a quantity vs.

(Continued on page 2)

quality-of-life argument: both are important.

Insufficient mobility alternatives jeopardize not only the physical and emotional health of an individual who may feel a sense of loss or dependency, but also the quality of their community. Transportation options prevent isolation and promote independence, enabling access to health care and employment, to stores and entertainment venues, to civic and social activities, to family and friends. The health and success of a community depend upon the participation and contributions of all its members.

So when the opportunity arose to participate in the Easter Seals Project Action's 2006 Mobility Planning Services Institute, the Department of Senior Services was delighted to join colleagues from throughout the country to share in a unique, productive learning experience. The Mobility Planning Services philosophy is based upon the premise that "entire communities are responsible for improving mobility options for people with disabilities and others who use shared transportation." Improving transportation services cannot be achieved unless the skills, talents and energies of members from all diverse communities are effectively harnessed. The overarching theme of the event was collaboration.

The members of Team Erie (pictured here) came from diverse disciplines, focused on a common goal: to explore ideas for better development and coordination of our transportation programs, improvements in customer service, and more efficient utilization of existing resources. We returned with greater cohesiveness, stronger direction and a more targeted delivery, with confidence in the differences among us to create a better product. Each member made a commitment to address our transportation services with renewed vision and an action plan for success. This is illustrated in the development of our Vision Statement: **"To develop and improve coordinated, comprehensive and inclusive multi-modal access for all residents in Erie County. The vision gives special consideration to the travel needs of older adults and persons with disabilities."**

In addition, it was decided that a Human-Centered Transportation Summit was critical to maintain momentum upon our return to Erie County. On September 21st 2006 at the Hyatt Regency Hotel, representatives from state, regional and local government, transportation professionals, consumers, and health and human service organizations from across WNY came together to address current and future transportation needs and quality of life issues affected when adequate options are not available. All partners committed to taking the next steps towards enhancing access and mobility in Western New York, and to be the driving force for the 5 "A's" of transportation:

THE 5 A'S OF TRANSPORTATION*

Availability: Transportation exists and is available when needed (e.g., transportation is at hand, evenings and/or weekends).

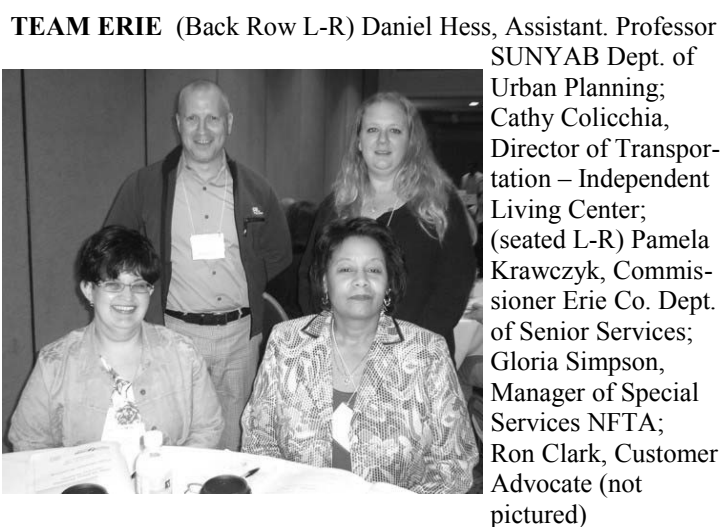
Accessibility: Transportation can be reached and used (e.g., bus stairs can be negotiated; seats are high enough; bus stop is reachable).

Acceptability: Standards relating to conditions such as cleanliness (e.g., bus is not dirty); safety (e.g., bus stops are in safe areas); and user-friendliness (e.g., transit operators are courteous and helpful).

Affordability: Costs (e.g., fees are affordable, comparable to or less than driving a car; vouchers/coupons help defray out-of-pocket expenses).

Adaptability: Transportation can be modified or adjusted to meet special needs (e.g., wheelchair can be accommodated; trip chaining is possible).

*The 5 A's were developed by the Beverly Foundation in 2000



Health Education Classes from Catholic Health System. Classes are held at Appletree Business Park, Suite 8A in Cheektowaga (unless other location indicated). Call HealthConnection at 447-6205 to register for programs.

VNUS Closure: A Solution to Leg Pain & Varicose Veins **Wed. Sept. 27, 2006 @ 6:30 p.m.** FREE at ChestnutRidge Family Practice, 6300 Powers Rd., Orchard Park. Do you experience swelling & discomfort from varicose veins in your legs? Find out about VNUS closure procedure.

CPR for Family & Friends **Wed., Oct. 4, 2006 @ 7:00 p.m.** Appletree Business Park, Suite 48, Cheektowaga. Instruction provided in single rescuer resuscitation skills to respond to life threatening emergencies such as cardiac arrest, respiratory arrest, and airway obstruction for all ages. Course guidelines are based on American Heart Association standards. Insurance reimbursement may be available. (charge for this)

Using Humor and Massage to Cope with Stress **Thurs., Oct. 12 7:00 p.m.** FREE. Are you feeling over-worked, tired and stressed-out? You need a relaxing massage and some humor...

Are You at Risk? **Thurs., Oct. 19 6:30 p.m.** FREE. Stroke is the #1 cause of long-term disability; yet 97% of adults do not know the warning signs of a stroke or how to prevent one. After age 55 the risk of stroke doubles every ten years. Find out how to prevent this life threatening condition.

Preparing for the Future **Wed., Oct. 25 AND Wed., February 7, 2007.** FREE. Worked a lifetime and looking forward to an enjoyable retirement... How would that change if you experienced an illness or injury that required long term care services? Experts from Metlife provide information on Medicaid eligibility rules, costs associated with long term care, funding sources and strategies to protect assets.

Don't Let A Fall Trip You Up **Thurs., Nov. 2, 6:30 p.m.** FREE. Each year 1 in 3 seniors will experience a fall resulting in loss of independence or mobility. Most serious falls occur at home and can be prevented with simple precautions. Learn how exercise, assistive devices, home modification, medical evaluation can reduce your risk of injury.

Aging With Grace **Wed., Nov. 8 6:30 p.m.** FREE. Chestnut Ridge Family Practice, 6300 Powers Rd, Orchard Park. Life doesn't stop after 50. Learn how to nurture self, keep the mind active and recycle life through meditation, goal setting and holistic health concepts.

Time Management **Wed., Nov. 15 6:30 p.m.** FREE. Spend your day in a frenzy of activity but feel you accomplish very little? Discover essential tools of time management to make the most out of 24 hours.

Call HealthConnection at 447-6205 for more information about classes and to register. Visit www.chsbuffalo.org for more offerings.

“Passport to Wellness” Program is an on-going series of guided walks to provide fun and safe walking opportunities for adults 50+. The Wellness Institute expects to hold some Fall / Winter walks with dates yet to be determined, but for information and to register, call **851- 4052** www.beactiveNYS.org

Put Sleep Back Where It Belongs—Are you 65 or older? Have trouble falling or staying asleep? If so, you may qualify to participate in a research study to evaluate an investigational medication for insomnia. Qualified participants will receive investigational study medications, study-related care and physical exams at no cost, and will receive reimbursement for expenses. For information about this study, please call 92DREAM or 250-5000—Sleep Medicine Centers of WNY

Compeer needs volunteers who mentor youth and befriend older adults who are having a difficult time in their lives. Also available are some paid mentorship opportunities. Please call Compeer at 883-3331 ext. 18.

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Medicare & EPIC Help with Prescription Costs—HIICAP Helps You Find a Plan that Works for Your Situation

Open enrollment/annual coordinated election period for Medicare Part D prescription coverage is Nov. 15—Dec. 31. If you are satisfied with your current Part D plan, you need not do anything. If you wish to change plans, you must choose and enroll within this timeframe.

Drug coverage is available to everyone covered by Medicare, no matter how much money you make, the status of your health, or the number of medicines you take. Unless you have creditable coverage (coverage equal or better than the standard plan—you should have received a letter from your provider), if you are eligible but have not enrolled in a Medicare Prescription Plan, you will have to pay premium penalties for late enrollment, so do not delay your decision. **Senior Services HIICAP workers are available to help you find the best plan for your own situation and enroll – simply call 858-7883** if you have any questions or need explanation or assistance. Between Jan. 1 and March 31, some enrollees with Medicare Advantage plans may be able to make additional changes.

Under the standard Medicare prescription plan, most people pay a monthly premium, an annual deductible, and co-payments which vary according to the plan you choose. The amounts for 2007 are different from those of 2006: Premiums may change (not yet announced), the standard deductible has gone up to \$265. From \$266-\$2,400, Medicare pays 75% of drug costs and you pay 25%. From \$2,401 to \$5,451.25 you pay 100% of drug costs. After you reach \$3,850 in true out-of-pocket spending, Medicare pays for 95% of drug costs with co-payments as low as \$2.15 or 5%, whichever is greater.

“Extra Help” is available: It’s estimated that one-third of seniors may qualify for additional assistance based on income and assets. If your 2006 income is below \$14,700 for single/\$19,800 for a married couple, resources such as stocks/bonds/savings/CDs/IRAs are no greater than \$11,500 for a single person/\$23,000 for a married couple, you qualify for the extra subsidy. Other people qualify for extra help if New York State pays your Medicare Part B premium (known as QI-1). In order to qualify for New York State to pay your premium, your net income must be less than \$1,123/mo. for individual/\$1,505 for couple. There is no resource cap! To determine net income, you take your gross income (add Medicare premium back into your Social Security check) and subtract medical, dental, and prescription insurance premiums. For example if you receive \$1,000 from Social Security each month and a pension of \$200, you could qualify if you pay at least \$77/mo for medical/dental/prescription insurance.

New York EPIC may help seniors save even more, and we continue to work with them. EPIC enrollees eligible for the full “extra help” joining a Medicare drug plan will have their EPIC fees waived—they will not pay a premium or deductible for Medicare drug coverage, and pay much lower co-payments (\$2.15 for generic and \$5.35 for brand name drugs). All EPIC enrollees benefit by using EPIC to “wrap around” the Medicare drug benefit for greater coverage and savings—the pharmacy will automatically bill EPIC for any prescription costs not covered by Medicare and can be used to cover drugs that may not be covered by your Medicare drug plan.

Senior Services HIICAP experts and volunteers will continue outreach events throughout the community to assist you with information about and enrollment in the Medicare Prescription Plans. Call 858-7883 for a schedule, or visit our website at www.erie.gov/depts/seniorservices. HIICAP workers are specially trained, and answer your questions at no charge.

Erie County’s Health Insurance Information Counseling and Assistance Program (HIICAP) can help—call 858-7883.

Caregivers: This Day Is For You!



Although there is no charge for this

Workshop & Resource Day, registration is required. To register, please call
(716) 858-2177
or e-mail
caregiver@erie.gov.

**September 30, 2006
8:30 AM — 3:00 PM**

**Millennium Airport Hotel
2040 Walden Ave.
Cheektowaga**

Workshop topics include:

- ⌘ Stressed? Frustrated? Overwhelmed? Yes, You Can Deal With It!
- ⌘ Assisting With Personal Care & Using Special Equipment
- ⌘ Classic Caregiver Concerns & What To Do
- ⌘ Dealing With Challenging Behaviors
- ⌘ It's The Law—What You Need To Know
- ⌘ The How To's of Personal Care
- ⌘ Activities for Loved Ones With Dementia
- ⌘ Resource Tables with Local Vendors

**Hosted by: Erie County Caregiver Coalition and
Kaleida Health Geriatric Ambulatory Program**

Caregiver Resource Center

Powerful Tools for Caregivers Classes

Classes for People Helping Older Relatives or Friends

Six-week educational programs designed to provide caregivers the tools needed for taking care of themselves are now being offered. Through six 2 1/2 hour sessions held on a weekly basis, caregivers learn to reduce stress, improve self-confidence, better communicate feelings, and locate helpful resources.

Attendees also learn how to increase their ability to make tough decisions and balance their lives. **Pre-Registration is required** -

Call 858-2177 or email **caregiver@erie.gov** for more information about Powerful Tools for Caregivers Classes and to register.

There is a \$25 cost for the course, which includes a copy of *The Caregiver Helpbook**



Elderwood Village at Rosewood 76 Buffalo St., Hamburg	Tues.	Sept. 19, 26; Oct. 3 - 24 6:00 pm - 8:30 pm
WNY Artificial Kidney Center 1508 Sheridan Dr, Tonawanda	Mon.	Sept. 25—Oct. 30 1:30 pm—4:00 pm
The Dale Association Senior Centre 33 Ontario St., Lockport	Tues.	Oct. 3 - 31; Nov. 7 3:00 pm - 5:30 pm
Christ United Methodist Church 350 Saratoga Rd., Snyder	Thurs.	Oct. 5 - Nov. 9 6:30 pm - 9:00 pm
Schofield Residence 3333 Elmwood Ave., Kenmore	Wed.	Oct. 11—25; Nov. 1-15 6:00 pm - 8:30 pm
Quaker's Landing 101 Sterling Drive, Orchard Park	Mon.	Oct. 16 - Nov. 20 10:00 am - 12:30 pm
Northgate Health Care Facility 7264 Nash Rd., N. Tonawanda	Wed.	Oct. 25; Nov. 1 - 29 2:00 pm - 4:30 pm



Additional classes are being scheduled.
For more information or to register, contact:
Erie County Department of Senior Services at
(716) 858-2177

or e-mail: caregiver@erie.gov

Class listing is also on our website at
www.erie.gov/depts/seniorservices

**Complete course cost is covered for all Independent Health, Blue Cross & Blue Shield of WNY and Univera health insurance members.*

NUTRITION PROGRAM

STAY FIT DINING

By Susan J. Radke RD, CDN, Nutrition Program Director & Richard Derwald, Fitness Trainer

TIME TO PLAY THE "HEALTHY YOU" QUIZ GAME

Question: What is the best noonday meal value in Western New York?

Answer: It is found at the 47 Erie County Stay Fit Dining Sites where for just a suggested donation of \$2.25 you can get the best quality, hot, nutritious, tasty noonday meal being offered anywhere in the area. Every Erie County resident age 60 or over who wants to save the money, time and work associated with shopping, preparing, serving and cleaning up from a meal should take advantage of the noon-day Stay Fit dining program where, without question, **THE PRICE IS RIGHT!!**



Question: What are the most important factors contributing to good health and longevity?

Answer: According to most experts, the most important factors contributing to good health and longevity are a well balanced diet, exercising regularly, and social interaction. All of these can be found any weekday at the Stay Fit Dining Sites. Every meal served contains a minimum of 1/3 of the Recommended Daily Allowance (RDA), and the opportunity to interact socially and meet new friends. Most sites offer regular exercise programs. Are these things important for maintaining and enhancing your good health? **YOU BET YOUR LIFE.**



Question: Which is most important for good health: diet, exercise, social interaction, or a positive attitude?



Answer: All of these are critical to your good health and happiness. If you are a resident of Erie County age 60 or over and your circle of friends is shrinking or you have become less active or feel that your nutritional needs are not being met, it's time to correct the situation. If you are really determined to trade an inadequate diet for good nutrition, inactivity for regular exercise and isolation for interaction, stand in front of a mirror and say to yourself: **LET'S MAKE A DEAL.**

STAY FIT DINING - NO NEED TO CHOOSE A DOOR

At all of the Stay Fit dining sites, all the doors swing open with a warm welcome for you. One of the greatest treasures you possess is your health. The question of who should participate in the STAY FIT DINING PROGRAM and all that it offers can be answered by another question—**WHO WANTS TO BE A MILLIONAIRE.**

For information on a Stay Fit site near you, please call 858-7639.



DOOR #1

Regular exercise classes
Nutrition Education
FREE



DOOR #2

Hot, tasty, nutritious,
noonday meal 1/3 RDA
Suggested Donation \$2.25



DOOR #3

Social Interaction
Planned Activities
Friendships and Fun
FREE

NUTRITION PROGRAM

STAY FIT DINING

Southtowns Meals on Wheels Can Help . . .

If you're a 60 or older resident of one of the below areas and need meals delivered to your home, please call. Meals are prepared at Bertrand Chaffee Hospital and then delivered to your door. In addition to our regular nutritious meals, we also accommodate special diets. Services can also be available on a temporary or short-term basis. So if you know a friend, neighbor, relative, or grandparent who could use the services, please pass it on...

Boston: Nancy Marron 941-3532

Colden: Michelle McMahon 941-6416

Concord: Denise Ciszak 592-4946 ext. 10

Holland: Town Hall 537-9443

Sardinia: Clint Salmon 496-8843 / Ruth Sawchuck 496-5481



Stay Fit Resources—now available on the web!

The World Wide Web is a great resource, and increasingly so for older adults, too! With local libraries and many senior centers offering free access to the web, Stay Fit's information can be found at www.erie.gov/depts/seniorservices/health/nutrition_dining.asp. The page now includes the daily menus at Stay Fit Sites! And also the entire series of educational and informational handouts and tips on topics such as:

2005 Food Guide Pyramid

Calcium & Osteoporosis

Calcium-rich Foods

Exercise

Fats

Fiber

Freezer life of food

Fruits: vitamins & minerals

Food safety—Internal cooking temperatures

Functional foods

High blood pressure (Hypertension)

High potassium foods

Hydration

Keeping your food safe

Sodium reduction

Trans fats

Understanding food labels

Vegetables: vitamins & minerals

Vitamin & mineral supplementation



L to R: Ram Nabar of Sodexho, Pat Dowling of RSVP, Pam Krawczyk, Commissioner of Senior Services and Dick Gehring, Executive Director of Buffalo and Erie County Meals on Wheels say it all! In July, Sodexho, the supplier for Stay Fit Dining and Buffalo & Erie County Meals on Wheels, hosted an ice cream social for RSVP and Meals on Wheels volunteers to show their appreciation, and were joined by more than 300 volunteers for an afternoon of warm sunshine and cool company.

Sat. Sept. 30, 8:30 am – 3:00 pm “**Caregivers: This Day Is for You.**” If you are a caregiver, this might be just the place to start looking for help. Registration is required for this event by calling 858-2177 - (more details on page 5 of this newsletter.)

Thurs. Dec. 14, 10:30 am – Noon “**Food, Fitness, and Fun Adult Expo**” at the Lackawanna Senior Center, 230 Martin Rd. will feature blood pressure and cholesterol screenings by Catholic Health System Mission on the Move, along with nutrition, fitness and wellness information and speakers. For more information, call 858-7639.

Wed. April 18, 2007 9 am – 11:30 am “**Architectural & Cultural Heritage**” in conjunction with the Retired & Senior Volunteer Program (RSVP) and Lifelong Learning. Learn more about some marvelous cultural gems in the WNY area and how volunteers help keep them strong by continuing to learn, preserving history, and telling the story of our area’s heritage. For more information, call 858-7548.

Additional programs are in the planning stages and dates will be announced later.. these include:

- ⌘ **Identity theft and financial exploitation** are two common forms of abuse affecting older adults. Learn how to reduce the risk, signs abuse has occurred, and how Erie County Protective Services for Adults can help.
- ⌘ Information for women age 40+ on **How to Secure a Better Financial Future** – Topics will include goal setting, financial planning, legal issues, long-term care insurance and more.
- ⌘ Many people qualify for **federal, state, and local benefit and entitlement programs** – From senior discounts, to tax rebates, to food stamps, our expert case managers know the “ins and outs” to help older residents obtain the benefits they are eligible to receive.
- ⌘ **Go beyond the basic HEAP benefit** – attend a comprehensive seminar for senior citizens relating to energy issues, including ways to cope with increasingly high costs of home heating and cooling, sensible home energy conservation tips and methods, and ways to choose an alternate energy supplier along with pitfalls to avoid.

Stay tuned for details about the information series in upcoming newsletters and in the local media, or visit www.erie.gov/depts/seniorservices.

Emergency Preparation is Important for Your Safety

Being prepared for emergencies is crucial. Disaster can strike quickly and without warning. It can force you to evacuate your neighborhood, workplace or can confine you to your home. What would you do if basic services -- water, gas, electricity or telephones--were cut off? Local officials and relief workers will be on the scene after a disaster, but they cannot reach everyone right away. Therefore, the best way to make you and your family safer is to be prepared before disaster strikes.

Think about disasters that can happen where you live. Talk with your caregiver about why you need to prepare for these events. Explore the potential dangers, and plan to share responsibilities and work together as a team. Make sure every member in your support network knows their particular responsibilities. Designate an alternate in case a person is not there at the time. More details and helpful ideas are available from the Red Cross at www.redcross.org/services/disaster/0,1082,0_603_,00.html or at www.erie.gov/depts/seniorservices.

Lifelong Learning Offers Fall Classes for Older Adults

Interested in learning about the world around you? Open to ALL Erie County residents 60 or older. No Tests. Just Stimulating Discussion !!

Dial H for Hitchcock Study the life work of Alfred Hitchcock through examination of four films: *Vertigo* (1958); *North by Northwest* (1959); *Psycho* (1960); *The Birds* (1963). Students will be asked to watch each film prior to class. Discussion will be based on clips and segments of films, introduction of interpretations, meanings, and themes. Fridays 1-2:30 pm, Sept. 15-Oct. 20 at Town of Tonawanda Senior Center, 291 Ensminger Rd. Register by calling 874-3266. Course fee: \$15

France: The Other Red, White and Blue Flag Examine the beauty and romance of France's landmarks, art and culture, focusing especially on Paris. Review French history, cathedrals and castles, from Royalty to Revolution to Republic. Examine how the definition of "what is French" is impacted by forces such as the European Union, increased immigration and diversity, and an often unstable economy. Tuesdays 9-10:30 am, Oct. 3-24 at the Town of Aurora Senior Citizen Center, 101 King Street. Register by calling 652-7934. Course fee: \$15

Literature That You Can Eat Culinary descriptions in books, novels, poetry, short stories, and plays are an important part of literature. While exploring setting, mood, atmosphere, and theme, you will eat, drink, and be merry as each class focuses on a different era: Biblical Antiquity, Elizabethan Shakespeare, Victorian/Old West, and 20th Century. Thursdays 1:30–2:30 pm September 28-Oct. 19 at Jewish Community Center, North Forest Road. Register by calling 688-4114 x366. Course fee: \$15

Poetry, Love (and Aging) Read, digest, and discuss poems written about love and maturity--from Robert Browning's famous line "Grow old along with me, the best is yet to be" to Thomas Hardy's less optimistic "I look into my glass and view my wasted skin." Students may suggest favorite poems as well.

Tuesdays 2-3 pm, Oct. 10- 31 at Hamburg Sr. Ctr., 4150 Sowles Road. Register by calling 646-0665. Course fee: \$15

Fridays 10-11 am, Oct. 13-Nov. 3. at Salvation Army Golden Age Center, 960 Main Street. Register by calling 883-9800, x261. Course fee: \$15

Family Genograms - a visual representation usually covering 3 generations, this kind of family tree also has information about family relationships, patterns of illness, significant life events, etc. Genograms are a "hands-on" process that can help us to understand physical, personality, and cultural characteristics, as well as the strengths and gifts from our family of origin. Wednesdays 10:30–11:30 am, Oct. 11-Nov. 1 at Westminster Presbyterian Church, Delaware Avenue, Buffalo. Call RSVP at 858-7548 to register. \$15

Fun with Maps, GPS and Other Geography Tools: Everyone uses maps! Examine various types of maps, learn about toponymy (origin of place names) and how to read a topographic map. Find the purpose and uses of the Global Positioning System with GPS units supplied for use in class. Mondays 2:30-4:00 pm, Oct. 16–Nov. 6 at Orchard Park Senior Center, 70 Linwood Ave. Register by calling 662-6452 \$15

Germany Today: German Reunification; Germany's place in the European Union; government; political parties; beautiful places; people; etc. Class also includes discussion of German sausages, breads, and kinds of restaurants, information about German beer and how to read a German wine label. Thursdays 9-10:30 am, Oct. 19-Nov. 9 at Tn. of Aurora Senior Center. Call 652-7934 to register. Course Fee: \$15

Thank You For Your Support and Generosity

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As the number of seniors grows, so does the need for our vast array of services. The Department of Senior Services encourages and appreciates donations. If you are in a position to do so, please fill out the form below. 100% of your contribution will be used to provide direct service to an older adult in need. **Thank you!!!!**

I designate my donation of \$_____ for:

_____ Newsletter
_____ Caregiver Education and Services
_____ Transportation
_____ In-home Services

_____ **Use where most needed**
_____ Home-delivered meals
_____ Adult day services
_____ Health Promotion

Mail to:

Erie County Department of Senior Services
95 Franklin St., Rm. 1329
Buffalo, NY 14202

Please make check payable to:
Erie County Department of Senior Services.
Your check is your receipt.

(Lifelong Learning Class Listing continued from Pg. 10)

Great Decisions 2006 Foreign policy discussions facilitated by varied leading experts in WNY and Southern Ontario. Topics include: Human Rights in an Age of Terrorism 10/5; Global Energy Challenges 10/12; Pandemics and Security 10/19; The United States and Iran 10/25. Call Orchard Park Sr. Ctr. at 662-6452 to register. Lectures are \$15 for series (includes Briefing Booklet), or attend individual lectures for \$5 each.

FREE LECTURES as part of Lifelong Learning:

The Roots of our Health Covering everything dental—from ancient man (evolution of the skull is related to wisdom teeth!) to forensic evidence to a peek into the future of dentistry. Heart disease, migraine pain, sleep disorders and fibromyalgia may be related to disorders of the teeth and gums.

€# Friday, September 22, 2-4pm at Orchard Park Senior Center. Call 662-6452 to register. **FREE.**

€# Friday, October 13, 1-3pm at Town of Aurora Senior Center. Call 652-7934 to register. **FREE.**

General Thomas J. “Stonewall” Jackson: Confederate Icon Focus on Jackson’s teaching at Virginia Military Institute and subsequent military career. Although he died halfway through the Civil War at age 39, his leadership was recognized by both Union and Confederate sides and his nickname lives on as one of the most famous in US military history.

€# Monday, October 16 at 7-8 pm at Buffalo Irish Center, 245 Abbott Rd. 825-9535.

No registration required. **FREE.**

€# Friday, November 3 at 1:30-2:30 pm at Tn. of Tonawanda Sr. Center. Call 874-3266 to register. **FREE.**

€# Friday, November 17 at 1-2pm at Orchard Park Sr. Center. Call 662-6452 to register. **FREE.**

Buffalo Treasures Why is Buffalo becoming internationally recognized as a cultural heritage destination? In part, due to the history and architecture of 25 outstanding buildings ranging from churches to office buildings to civic sites, designed by some of the best 20th century architects in the country. Friday, October 20, 1-2 pm at Town of Aurora Senior Center. Call 652-7934 to register. **FREE.**

Next issue of 60 Plus is expected late March/early April 2007

Go to www.erie.gov/depts/seniorservices to read the newsletter on-line
or to find a vendor location listed by zip code, or call 858-2117.

Our sincere thanks to all those who make this newsletter available.



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Joel A. Giambra
County Executive

Pamela M. Krawczyk
Commissioner

Jennifer Mantione
Editor

From the County Executive...



County Executive
Joel A. Giambra

Erie County senior residents are invited to apply as early as possible for the Home Energy Assistance Program (HEAP) benefit - a federally funded program designed to help seniors with the rising cost of energy. The amount received from HEAP is not based on the size of the utility bill but is based on monthly

income; and the benefit may range from \$40-\$400. Applicants are encouraged not to wait for updated income information (such as a yearly Social Security award letter or yearly tax statements reflecting bank account interest income) and may apply using the same income information they provided last season if it is the most current available. In August, New York State directly mailed to recipients of HEAP last year

an application for the upcoming 2006-07 HEAP season. Seniors who did not receive an application in late August, or first time applicants aged 60 or older may call the **Senior HEAP Hotline at 858-7870** Monday through Friday, 8:30 AM to 4:30 PM after October 1st to request an application. Please visit Senior Services website www.erie.gov/depts/seniorservices for detailed information. Emergency HEAP will open in November, and this year's eligibility guidelines are:

Household Size	Monthly Maximum Income
1	\$ 0 – 1,764
2	\$ 0 – 2,307
3	\$ 0 – 2,850
4	\$ 0 – 3,393
5	\$ 0 – 3,936

The Department of Senior Services helps older adults or their families with many concerns relating to services and programs for seniors – call 858-8526.